

This is a copy of print by Dana Tiger. It is an original water color art piece. It is accompanied by some words from the artist.

Gathering Strength

By Dana Tiger - Creek Tribe, Muscogee Nation

Throughout life each of us endures both painful hardships and soaring triumphs. Lessons are inherent in each experience if we will only listen.

We grow by remaining fully conscious of the gifts we are given. Our responsibility to ourselves and the world is to seek out knowledge and act on what we learn.

We must breathe deeply, trust ourselves, be unashamed, and gather strength from the lessons learned on our individual journeys to become whole.



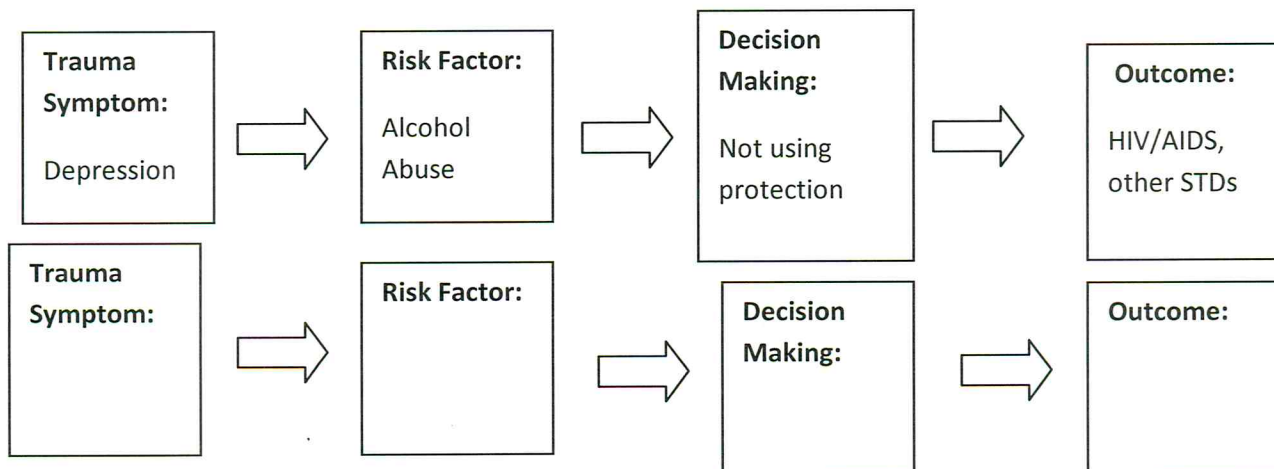
Trauma, Risk Factors and Decision Making

When trauma occurs, whether it is trauma of a people or personal trauma, there are reactions that occur. When looking at symptoms of HT, we can begin to see how one symptom can cause or worsen other symptoms. These symptoms may create or co-exist with risk factors that can affect our behavior and decision making

Trauma Symptoms	Risk Factors	Decision Making	Negative Outcomes
Depression	Poverty	Not seeking help	Poor health
Anxiety	Drug Abuse	Not using protection	Being abused
Isolation	Alcohol Abuse	Not getting tested	Creating pattern of abuse
Anger, fear, shame	Homophobia	Staying in abusive relationship	Death
Alcohol abuse	Limited health care	Not being proactive	Alcoholism
Drug abuse	High rate of STD's	Not thinking of self	Suicide
Violence, gangs	High rate of HIV/AIDS	Not thinking of family	Self-mutilation
Suicide/Homicide	Denial/mistrust		Homicide
Low self-esteem	Depression		Contracting HIV/AIDS or other STDs
Abuse (physical, sexual)			
Loss of identity			
High rate of diabetes			
Heart Disease			

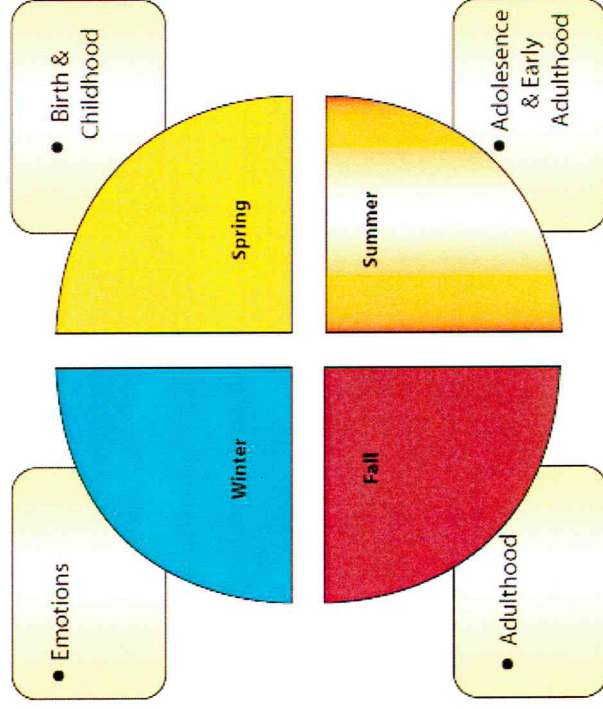
Here is an example:

Trauma Symptom: Depression -> Risk Factor: Alcohol Abuse -> Decision Making: Not using protection during sexual encounter -> Negative Outcome: At Risk for HIV/AIDS and other STDs, unwanted pregnancy, shame, depression.



Your-Story Timeline

Your timeline is a personal timeline that illustrates important events in your life. Use this as a model to create your one cycle or wheel to illustrate events in your life and to tell “your story”.



Cultural Resilience

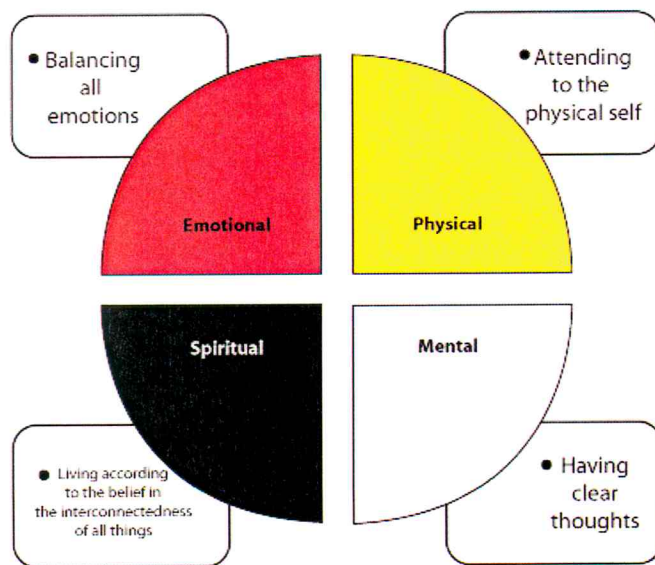
“Cultural resilience (CR) is a relatively new term, but it is a concept that predates the so called ‘discovery’ of our people. The elders teach us that our children are gifts from the Creator and it is the family, community, school and tribe’s responsibility to nurture, protect, and guide them. This traditional process is what contemporary researchers, educators, and social service providers are now calling fostering resilience. **Thus, cultural resilience is not new to our people; it is a concept that has been taught for centuries.** The word is new; the meaning is old.” - Iris HeavyRunner

Resilience is an innate human characteristic that allows individuals to overcome negative situations in their lives. Cultural Resilience is theory that proposes the use of traditional life-ways to overcome the negative symptoms of personal and historical trauma. (Resource Guide: Cultural Resilience)

Cultural resilience can be found in many aspects of Native American traditions, ways of life, and beliefs. In session one, you were given a list of some Traditional values, beliefs and behaviors.

Examples of Traditional Native Values/Beliefs/Behaviors	
<ul style="list-style-type: none"> • Spirituality • Child-Rearing/Extended Family • Veneration of Age/Wisdom/Tradition • Respect for Nature • Generosity and Sharing 	<ul style="list-style-type: none"> • Cooperation/Communal • Autonomy/Respect for others • Composure/Patience • Relativity of Time • Non-verbal Communication

Below is a depiction of a “Medicine Wheel” that illustrates the four aspects for balance in a person’s life:



Cultural Resilience & Decision Making

Now that you have learned a little about Cultural Resilience let's revisit the template we used on handout 2E and see how aspects of CR can affect our decision making and change outcomes in our lives.

